

Break **FREE** FROM **ARTHRITIS**



Arthritis HURTS. But there are ways to **fight back.**

PHYSICAL ACTIVITY is one of the best ways to keep arthritis symptoms in check, decrease pain, and improve overall health. There are arthritis-appropriate activities for every ability level. Low-impact exercises such as swimming or biking can raise your heart rate, boost cardiovascular fitness, and are gentler on your joints. We're here to help improve the health of those afflicted with arthritis. Talk to your healthcare provider and break free today!

VISIT: Diseases & Conditions at doh.sd.gov for more.
OR CALL: 1-800-738-2301



Don't let **ARTHRITIS**
open the door for other
chronic diseases.

When arthritis causes pain, you don't feel like exercising. The less active you are, the more pain there is, and inflammation caused by arthritis may increase your risk for other diseases including:

- Obesity
- Diabetes
- Heart Disease
- Poor Oral Health

How can you fight back?

- Don't smoke
- Get serious about a healthy diet
- Increase physical activity:
 - Start out gently with low-impact activities
 - Stretch every single day
 - Set a goal of 150 minutes a week
(that's only 30 minutes a day, 5 days a week!)
 - Start with at least 10 minutes of activity at a time
 - Do muscle strengthening activities at least 2 days a week
 - Mix it up, have fun, and keep it moving!



Break FREE from arthritis by using these smart tips:

- Start low and go slow. Find physical activities that fit your ability level.
- Modify activity when symptoms increase – but stay active.
- Focus on "joint friendly" activities.
- Find safe places and creative ways to be active.
- Talk to your healthcare provider about what will work best for you!



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